

# No Appetite

Means loss of vitality, vigor or tone, and is often a precursor of prostrating sickness. This is why it is serious. The best thing you can do is to take the great alterative and tonic Hood's Sarsaparilla Which has cured thousands.

# WOULD WIPE OUT ALL SIGN BOARDS

Governor of New Jersey Calls Attention to the Evil in His Message.

Advocates a Law Which Will Terminate Such Desecration of the State's Scenery.

Trenton, N. J., Jan. 13.—Governor Murphy, in his annual message to the legislature, which met yesterday, calls attention to the increasing number of advertising signs near railway lines and expresses the hope that some means may be devised not only to prevent their further increase, but to remove those already in existence. He says: "On the leading line of railway between Jersey City and Trenton there were in December, 1,601 signs. They are disfigured with all sorts of effigies of possible men and women, and they advertise remedies for all the ills that human flesh is heir to, as well as all sorts of foods and drinks and all the various contrivances born of human ingenuity. If they continue to increase it is not difficult to imagine the day when at least when the traveler will have to wear his hills and vales and trees and flowers shut completely from view, and will pass them a continuous and broken line of billboards that will trouble his nights and days with suggestions of things that are disagreeable."

# ASK AN INVESTIGATION

COLORADO FEDERATION OF LABOR WANTS THE SENATE TO LOOK INTO COAL STRIKE.

Washington, Jan. 13.—To-day's session of the senate began with the presentation by Mr. Patterson (Col.) of a telegraphic petition from the Federation of Labor of Colorado requesting an investigation of the Colorado mining strike by the senate committee on judiciary. The request was urged on the ground of the extreme gravity of the situation.

# ONLY CORN TO EAT

Case of Extreme Destitution Discovered Near Annapolis. M. F. Hobart, who arrived yesterday from Annapolis, reports having discovered a very pitiable case of destitution. About five miles west of Annapolis, he came upon a family of nine, living in a small hut about fourteen feet square. The hut was destitute of furniture and three bunks set against the wall were used for beds, four of the children occupying one of them.

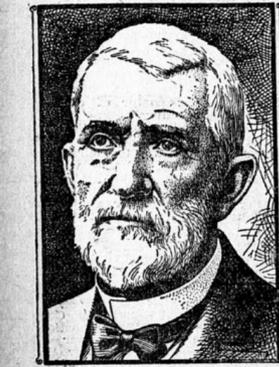
A bowl of ground corn proved to be the main means of subsistence of the family. All of the children were poorly clad and none had ever attended school. In spite of their surroundings, however, all looked unusually bright and intelligent.

# SISTER-IN-LAW OF TWAIN DYING

Keokuk, Iowa, Jan. 13.—Arrested Clemens, widow of Mark Twain's brother, is dying at her home here to-day. Her ailment is heart disease.

# Constipated 66 Years.

Cured by Iron-Ox in a Short Time. One of the most extraordinary cases on record is that of J. W. Cottom of Winchester, N. H., who has suffered for 66 years of his life from chronic constipation and its attendant ills, writes as follows: "I am using Iron-Ox Tablets, and have been astonished at the results. I am almost 66 years of age,



and have been constantly constipated since I was 20 years old, compelled to take medicine to move my bowels. After using Iron-Ox a short time, I have daily evacuations.—J. W. Cottom, Winchester, Ind."

Iron-Ox Tablets relieve constipation by stimulating the stomach and bowels to natural action. They tone up the entire digestive system, causing perfect digestion, perfect assimilation, and a natural flow of fluids. This purgatives and cathartics cannot do.

By curing indigestion and constipation, and causing normal action of the liver and kidneys, Iron-Ox Tablets purge the blood of impurities which produce disfiguring skin eruptions and disease.

Besides this, they contain in convenient form the active principle of nerve and brain food, so that they are unequalled system builders. Remember, Iron-Ox Tablets are not purgative or cathartic in their effect; they are tonic-laxative; they cure by building up the entire system. They grow increasingly effective with continued use. Purgatives and cathartics give only temporary relief by violent and injurious action—they do far more harm than good and soon lose their effect.

Fifty Iron-Ox Tablets in an attractive aluminum pocket-case, 25 cents, at druggists, or postal order, guaranteed of price. The Iron-Ox Remedy Co., Detroit, Mich. Lyman-Ellel Drug Co., Minneapolis, Northwestern Distributors.

# POINTERS ON RAISING HOGS

STATE AGRICULTURAL SOCIETY LISTENS TO EXPERT ADVICE.

A. J. Lovejoy of Illinois Says the Hog Is a Model of Cleanliness If Properly Cared For—Work of the Government's Agricultural Department by J. H. Brigham, Assistant Secretary.

FOR YESTERDAY'S LATE PROCEEDINGS SEE PAGE 9.

There were two addresses of notable value this morning at the morning session of the annual meeting of the Minnesota State Agricultural Society. A. J. Lovejoy of Roscoe, Ill., gave information as to "Swine Husbandry." J. H. Brigham, assistant secretary of agriculture, outlined the comprehensive labors of his department.

"Do not feed corn exclusively, and be careful to supply enough green food in the winter," Brigham said. "It is the most cleanly of all animals, if not cared for closely. Large herds of swine should be divided so that not more than a few dozen animals are kept together. Each sow should have a separate pen for herself and her pigs. The pen should not be permitted to get so filthy that the pigs, troughs, and all the surroundings of the hog should not be cleaned frequently but disinfected. The food for swine should be selected carefully."

"In breeding hogs avoid, above all things, immature sows and boars. It is better to raise a few good ones than to raise a large number of poor ones. Each sow should have a separate pen for herself and her pigs. The pen should not be permitted to get so filthy that the pigs, troughs, and all the surroundings of the hog should not be cleaned frequently but disinfected. The food for swine should be selected carefully."

U. S. Agricultural Department. J. H. Brigham, an Ohioan who styled himself "sure enough" farmer, said that it was not until 1839 that congress decided to do something for the agricultural interests. In that year \$1,000,000 was appropriated and a clerk in the patent office was commissioned to spend it discreetly. In 1862 a commissioner of agriculture was appointed. During many years thereafter the grants labored for the elevation of agricultural interests in the government, and finally, sixteen years ago, Governor Rusk was named the first secretary of agriculture, with a seat in the cabinet. The department has grown so rapidly under the enlightened, practical supervision of Secretary Wilson that it now employs 4,000 persons at an expense of \$5,000,000 annually.

Mr. Brigham told in detail the objects and achievements of the many bureaus and divisions through which the agricultural interests of the United States are cared for. He mentioned the bureau of animal industry which has reduced its proportion of income to 17 percent of the total. The bureau of animal industry has extirpated pleuro-pneumonia and the foot-and-mouth disease; has checked the Texas fever; has checked the foreign pork market to American exporters, and has so improved the methods of cattle transportation by sea as to reduce the insurance rate from \$3 to \$1 a head. The bureau of entomology has made possible the growth in California, of the finest figs known; has checked innumerable insect plagues, such as those of the cotton boll weevil and the San Jose scale. The bureau of plant industry has introduced the navel orange, now producing a crop worth millions; has given new crops, such as the macaroni wheat, to the arid regions of the west; has much improved the quality of American rice, and has even cultivated tea successfully in the Philippines. The bureau of soils has enabled Connecticut farmers to grow under canvas tobacco equal to the best Spanish.

Mr. Brigham closed with a plea for good roads and the suggestion that the federal government should pay one-third of the cost of such improvements.

Afternoon Session. This afternoon the society listened to addresses by L. H. Kerrick of Bloomington, Ill., upon "Cattle Feeding and the Hill of St. Paul," and by J. H. Brigham, upon "The Hog and the Railroad."

To-night, at Masonic Temple, the work of the agricultural department of the university will be presented by students in a series of stereopticon views.

The annual meeting will adjourn to-morrow afternoon. The session of the Farmers' Club of Minnesota will meet at 9:30 a. m. at the chapel of the state school of agriculture, St. Anthony Park.

# INDIANS ARE SUSPICIOUS

WON'T SIGN DEEDS FOR FEAR OF BEING TORTURED AND FINALLY KILLED. Special to The Journal. Winnipeg, Man., Jan. 13.—W. H. Tackett, a member of a land company at Bloomfield, Neb., is touring Manitoba on a stop in the matter as the Indians are the heirs to land in the south. The company Mr. Tackett represents has purchased a quantity of land from the United States government which belongs to Indians who are now in Manitoba. The original owners having died, the government sold the land to the company, and the Indians are being transported across the line and will there be tortured and killed. The Canadian government has agreed to help in the matter as the Indians are Sioux and are not treaty Indians.

The land in question was given to the Indians after the massacre in Minnesota in 1862 and at that time was comparatively valueless.

The northwest benchers in session at Calgary, N. W. T., have decided to admit American advocates under strict regulations, the rule passed having in view reciprocity with the other provinces and colonies as soon as they are ready to grant the same privileges to the territories.

# GOV. BUSHNELL DYING

Ohioan Still Alive, The End Is Expected Momentarily. Columbus, Ohio, Jan. 13.—Ex-Governor Bushnell is steadily growing weaker, according to the statement of Dr. Starling Laving. There is absolutely no hope of his recovery. Another stroke will cause immediate death.

# OPENING OF THE IOWA LEGISLATURE



# LOWER PRICES ON BINDING TWINE

BOARD OF CONTROL ANNOUNCES MARKET FOR 1904.

Different Grades Will Be Sold for Half a Cent Less than Last Year—Raw Material Already Purchased for the Season's Work.

The state board of control, after a conference with Warden Wolf of the state prison this morning, announced the prices for binding twine to be sold to Minnesota farmers this year. They are as follows: Sisal, 600 feet to the pound, 8 1/2 cents. Standard, 600 feet to pound, 8 1/2 cents. Standard manilla, 600 feet to pound, 9 cents. Mixed manilla, 600 feet to pound, 10 cents. Pure manilla, 600 feet to pound, 11 cents. These prices are half a cent lower on each grade than the prices of 1903. As the season's output will be about 9,000,000 pounds, the saving to farmers will be \$45,000 more than last year. The board has already purchased or contracted for practically all of the raw material, and is able to figure out the price very closely. The sisal is imported from Yucatan, and large quantities of manilla are imported for the prison direct from the Philippines.

# SOME HIGH BORN CHICKENS HERE

GREAT POULTRY SHOW OPENS IN THE OLD CITY HALL.

Those Familiar with Such Exhibits Say It Is One of the Best, If Not the Best, Ever Seen—Birds by the Thousand.

He whose ear is not attuned to strident sound would better not venture into the old city hall building this week, for a cock-and-pullet, goose-and-gander bedlam reigns there. The annual exhibit of the Minnesota State Poultry association opened this morning. In twenty-two rooms are 2,200 chickens, hundreds of pigeons with family trees large enough to shelter half the birds on exhibition, dozens of geese, and a fair sprinkling of many other feathered folk.

The annual exhibit gives promise of being bigger and better than anything heretofore attempted by the association, although the coops are not yet all in place.

Among the barnyard fowl was the huge sixty-pound turkey, a product of Minnesota, whose pride is nearly as great as his size. There was also "Doc," the only living white "possum," native of southern Missouri and property of Ralph White of Stevensville.

In the aviary is a real silver-tongued parrot, who doesn't swear on exhibition days.

# BARS ARE TORN OUT

Columbia and Park Theaters Allowed to Resume. The misunderstanding between Mayor J. C. Hayes and J. C. Sodini, proprietor of the Columbia theater, and John Hart, proprietor of the Park theater, whose places were closed by a resolution of the city council, has been settled and both theaters are again open, pending the action of the council committee upon the application for a license for a vaudeville theater. Both Sodini and Hart have assured Mayor Hayes that no liquor will be sold or brought into their places and the bars have been torn out. Under these conditions, permission has been granted to keep the places open until the council can act upon the application for licenses.

# WANTS TO GO SOUTH

Henry Silberberg Thinks This Climate Will Be Fatal to Him. "I don't know what good it would do me to get well, unless I could go to a warmer climate. One hospital is just about as good as another, and they treat me pretty well here," said Henry Silberberg this morning, as he lay on his pillow in the county jail, propped up on pillows. The much advertised prisoner shows the effects of confinement and disease, and is much emaciated. He stated that he had a very bad night last night and spit blood continually. He is growing weaker and feels that he cannot live, unless he has a change to warm weather and sunshine.

# BECHTEL MURDER CASE

GIRL'S SWEETHEART IS EXPECTED TO TURN STATE'S EVIDENCE AGAINST HER FAMILY.

Allentown, Pa., Jan. 13.—The trial of Alois Eckstein, in connection with the murder of Mabel Bechtel, October 20, 1903, began to-day. Eckstein was said to be Miss Bechtel's accepted suitor. The indictment charges him with being accessory after the murder. It is said that Eckstein will be acquitted and that he will be used as a witness against the members of the Bechtel family. District Attorney Lichtenwalder said to-day: "I must confess that our case against Eckstein is not as strong as I expected it to be. Furthermore, I must admit that our case against Eckstein was purely circumstantial. Rather than take the chance of losing all we decided to relinquish our fight against him and give him his freedom on condition that he would testify to what occurred in the home of the Bechtels the Sunday night Mabel came home after she left Weisenberger. We have the promise of Mr. Stiles and Mr. Freeman that their client will do so, and I now have hopes of being able to solve the mystery."

Attorney Lutz made the opening address for the commonwealth, in which he explained the indictment upon which the defendant would be tried, and outlined the case against Eckstein as the state would prove it. The signal is a hopeless one, but in nothing that the attorney said was there any evidence that Eckstein was looked upon as one of the principals in the tragedy.

# TIED HAND AND FOOT

Drug Clerk at Miller Overpowered by Masked Robbers. Special to The Journal. Miller, S. D., Jan. 13.—Robbers entered G. H. Collins' drug store last night. The clerk, Wilbur Quirk, was called to the back door to fill a prescription when two men followed him into the store and forced him to open the safe and take some ether. They bound his hands and feet with stout cords and laid him on his back in a serious condition on account of the rough treatment.

# SHOOTING AT A DANCE

BROTHER OF A STERNS COUNTY PRIEST ALMOST KILLS A LAD WHILE DRUNK.

Special to The Journal. St. Cloud, Minn., Jan. 13.—Louis Lemmer, brother of the parish priest at Holding, this county, last night shot and almost killed John Hannigan, young son of a farmer.

The boys were attending a dance and Lemmer was crazy drunk. He pulled out a holstered revolver and shot at the dancing couple. The bullet entered the nostril and lodging apparently at the base of the brain. Hannigan was lying in a hopeless condition, but in a critical condition. His assailant gave himself up.

# NEWSPAPER MEN'S DINNER

Movement to Form a Press Club Is Gaining Headway. Arrangements have been completed for the banquet and business staffs of all the newspapers of the city will meet at the International cafe, 27 Fifth street, S. Thursday evening at 6 o'clock and over 100 newspaper men have signified their intention of attending. The movement to organize a press club has met with general approval in the profession.

It is the plan to invite all members of the editorial and business staffs of all the daily weekly and monthly papers of the city to join the club. The first course will be served Thursday night promptly at 6 o'clock, as there are several matters of importance that must be considered at the business session which will follow.

# RUNS PAPER IN ALASKA

Albert H. Fitz Has Reached "Farthest North" in Journalism. Albert H. Fitz, formerly a well-known resident of Minneapolis, is in the city this week as the guest of G. B. Bluffin of the Bluffin Manufacturing company. Mr. Fitz, in the past, was editor of the Minneapolis paper, and he has been in the newspaper business, and now edits the Council City News in Alaska, said to be the northernmost newspaper in the world.

# MUST GO TO SIBERIA

Lawyer Who Appeared for Jews Gets a Heavy Sentence. Kishinev, Jan. 13.—Two lawyers who represented Jews at the recent trials of rioters here are now in prison, one of them condemned to Siberia for five years for having caused the government before the tribunal of organizing the anti-Jewish riots to divert attention from a revolutionary demonstration in Bessarabia. The lawyer condemned to Siberia is himself a Gentile.

Said to Be Pal of the Browns—Charles B. Marshall, said to be a member of the notorious Brown gang, was arrested last night by Patrolman Pat Ring. He is charged with stealing a diamond ring and \$20 from an East Side woman whom he met near the Nicollet Hotel. He will be arraigned to-morrow.

# THE PRESIDENT'S OLD HAT

VETERANS OF GRAND ISLAND RECEIVE IT WITH ROOSEVELT'S COMPLIMENTS.

Special to The Journal. Omaha, Neb., Jan. 13.—When President Roosevelt was in Grand Island, Neb., last summer, he wore a slouch hat which excited the admiration of the veterans at the old soldiers' home. They continued to talk about that hat during the summer and fall, and efforts were made by them to procure it from the president as a memento of his visit to Grand Island. But the efforts were futile at the time.

When Judge Norris went to congress from the Grand Island district the old soldiers requested him to call on the president to try to get the coveted hat for them. Accordingly Judge Norris called upon the president yesterday and told him of the desire of the veterans. Mr. Roosevelt smiled and hunted up the old hat and gave it to the congressman, who immediately sent it to the Grand Island home with the president's compliments.

# ADDITION TO CAPITOL

Bid of Butler Bros. of St. Paul Accepted by N. D. Commission. Special to The Journal. Bismarck, N. D., Jan. 13.—The state capitol commission to-day awarded the contract for the erection of the north wing to the St. Paul, Minn., firm of Butler Brothers of St. Paul, whose bid for the entire work at \$48,000 was the lowest of the bids opened yesterday.

# FRESH AIR NEEDED

Old Government Employees Resist Ventilation and Should Be Removed. Washington, Jan. 13.—Commenting on the new rule requiring government clerks to work until 4:30 o'clock, Senator Stewart of Nevada said yesterday: "The trouble is that one-third of the employees of the government are too old, and they control the other two-thirds in the ventilation of the rooms. I am old enough myself to die (Mr. Stewart is 70 and was married a few months ago), but I have managed to get some fresh air during my life and then keep some red blood in my veins. The policy of keeping aged people in the government service must be changed."

# ELEVATOR SET ON FIRE

Citizens at Evansville Were Ready to Punish Nelson, Alleged Firebug. Special to The Journal. Evansville, Ind., Jan. 13.—The Minneapolis and Northern elevator and the Inter-State elevator were both set after shortly after midnight last night and the Inter-State, filled with wheat, was totally destroyed. Waste, saturated with kerosene, had been thrown about both buildings. Three freight cars were burned.

Andrew Nelson, under arrest as a suspect, was caught in the act of firing the Minneapolis and Northern elevator and a mob was formed and narrowly averted violence.

# OZARINA SERIOUSLY ILL

May Have to Undergo Second Operation for Abscess. St. Petersburg, Jan. 13.—Court officials fear the czarina will have to undergo a second operation thru the appearance of another abscess in the ear. It is first time she was suffering from a slight attack of influenza. Her illness has caused the czar to cancel the royal family's visit to L'Avator and has postponed the occupation of the winter palace.

# TO CURE A COLD IN ONE DAY

All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c. Spend Your Winter in Florida or New Orleans. Winter tourist tickets on sale via Queen & Crescent Route, Southern Railway and connecting lines to points south, southeast and southwest, through Pullman service from Chicago to St. Augustine daily.

Variable route tickets on sale going via Lookout Mountain and Atlanta and returning via Asheville and the Land of the Sky. Beautiful illustrated folder on Florida sent on application to W. A. Beckler, N. E. A., 113 Adams street, Chicago, Ill.

# BROTHER AND SISTER CURED

(Catarrh of the Head Often Causes Catarrh of the Stomach)



Pe-ru-na is Unequaled as a Family Remedy for the Catarrhal Diseases of Winter.



S. A. Miller, R. D. 3, Lima, O., writes: "I suffered with catarrh in my head for several years and every time I would catch cold it would get worse, and as my sister had used Peruna for catarrh and received such great benefit I concluded to try it, too, and used about three and one-half bottles and feel no symptoms of the disease any more. It is the best remedy for colds I ever found. I recommend it to anyone suffering with catarrh." "My sister had catarrh of the head and stomach and doctored with several of our best physicians without receiving any benefit, and they finally gave her case up as hopeless. She heard of Peruna and after using several bottles was cured."

# WHAT IS CATARRH?

The Opinion of an Eminent Medical Authority. Catarrh is the cause of more diseases than all other causes combined. There are very few diseases to which human flesh is subject that cannot be traced directly to catarrh. Not only is catarrh capable of producing a great variety of diseases, but it also attacks any organ or part of the body. It causes in the ears deafness, in the eyes, blindness; in the head and throat discharges and offensive odors; in the bronchial tubes, cough and asthma; in the stomach, dyspepsia; in the kidneys Bright's Disease, in the pelvic organs a host of derangements too numerous to mention.

# GRADUATES OF THREE CHICAGO MEDICAL COLLEGES MAY NOT PRACTICE IN BADGERDOM.

Special to The Journal. Milwaukee, Jan. 13.—The state board of medical examiners yesterday decided to refuse licenses to graduates of three Chicago medical colleges, which follow the curriculum of the National Medical University, the Harvey Medical college, the Jenner Medical college. Members of the board say they have conducted investigations of the courses of the three colleges and have found the institutions are night schools and their courses not up to standard.

Chicago, Jan. 13.—Dr. Frances Dickenson of the Harvey Medical college said last night: "It is for every state board to decide whether it will give licenses to graduates of medical colleges. I do not believe that the action of the Wisconsin board will bother us much."

# SMALLPOX CASES

Washington County Health Board Says There is No Danger. Special to The Journal. Stillwater, Minn., Jan. 13.—Smallpox has appeared at several points in the county and there have been a few cases in Stillwater. The health board and the authorities have them well in hand and do not fear a spread of the disease.

The remains of William Prescott, formerly of Stillwater, who died in London yesterday, will probably be brought here to-morrow for burial. The Elks will have charge of the funeral.

Daniel Reardon, a former police officer, died of pneumonia and heart trouble and will be buried from St. Michael's church to-morrow at 9 a. m. He was 68 and left a wife and three children. He had lived here over thirty years.

The Swansons won three straight games from the Bon Amis in the city league bowling tournament. The Elks are arranging for a dancing party on the evening of the 22d. A masquerade ball will be held on Friday evening by the degree team of the Modern Woodmen.

Judge Williston, who is holding a special term of court, has the case of Lindquist vs. Lindquist, for divorce, before him. The wife brought the suit originally and the husband is now asking for a divorce.

# GRAFTERS NOT YET COWED

Another Little Game Is Unearthed at St. Louis. St. Louis, Jan. 13.—Investigation has disclosed the story of a \$15,000 bribe alleged to have been solicited for the new house of delegates combine by Thomas E. Barrett, former marshal of the St. Louis court of appeals, from J. W. Peebles of Chicago, to insure the passage of a bill authorizing the establishment of a pneumatic mail service for the transmission of merchandise, letters and express packages between the union station and the world's fair grounds.

The attempt, it is said, was made after Barrett's conviction in the federal court on a charge of abetting naturalization frauds for which he was sentenced to the penitentiary for five years. The measure was fathered by the Universal Pneumatic Transmission company of Chicago, of which Mr. Peebles is president.

# BAICILLUS—NOT WOUND

It Killed Gentlemen and Saved Foster from Hanging. Omaha, Neb., Jan. 13.—One tiny bacillus with a long name has intervened between Henry Foster and the hangman's noose. The microbe found its way into the wound of Thomas Gentlemen of Fremont, whom Foster shot. Death followed as a matter of course, for the bacillus is deadly and is known to science as the "bacillus diplocapitatus-aerogenes."

# House Slippers

All short lines of Slippers at Greatly Reduced Prices. All-wool Slippers, 50c and 60c. All-wool Slippers with leather soles, Now 25c. All short lines of Men's \$1.25 Slippers, Now 69c. All our Ladies' 98c warm lined Slippers, Now 69c. All our Ladies' \$1.25 and \$1.45 fur trimmed Ladies' Slippers, Now 98c. Small sizes in Ladies' \$1.25 Kid Slippers, Now 39c.



# LARGEST INCORPORATED TOWN

Washington Will Incorporate as a City if the Vote Is Favorable. Special to The Journal. Washburn, Wis., Jan. 13.—Washburn, which has for many years been the largest incorporated village in the United States, may incorporate as a city. A mass meeting last night arrangements were made to submit the question to a vote. Washburn has 7,000 inhabitants and operates under township and village laws.

# COOL BRYAN WILL LECTURE

The Great Defeated Expects to Make This His Life Work. New York Sun Special Service. Washington, Jan. 13.—W. J. Bryan acknowledged to-day that he was going on the lecture platform and said he would start on a tour as soon as arrangements were completed. "If it proves profitable, as he expects, he will probably devote himself to that work in 1904."

# MINER HIT

A Gold Miner on the Coffee Question. Many a rugged constitution has broken down by use of coffee: "I and my son are miners and have been strong coffee drinkers. I will add I followed mining for fifty years. Nearly every year a very son has had a palpitation of the heart so bad that after a hard day's work he would be almost unable to get his breath when lying down, and I was a victim of constipation, headache and could not sleep soundly." "So I pulled up stakes one day and started to see a doctor, and curiously enough an old acquaintance I met on the way steered me off. We stopped and talked and told each other our troubles. He said it was coffee doing the work and that using Postum in place of coffee cured him of almost exactly the ailments I described." "So instead of going to the doctor's office I sent for some Postum, although I did not have much faith in it, but to my great joy it turned out all right, and after we quit coffee completely we both began to get well, kept it up and are now both of us strong well men, with none of the old troubles. A miner is supposed to be able to stand great hardships, but we could not stand coffee. It was killing us. Anyone following the directions on the package of Postum will have a far better drink than he can get from the best coffee." "I know Postum will cure him of his ailments, besides it is such a refreshing drink." Name given by Postum Co., Battle Creek, Mich.

Coffee hurts nearly all who drink it and soaks some people very hard. There is a sure way out of the trouble by quitting coffee and using Postum. "It's worth a reason."

Look in each package for a copy of the famous little book, "The Road to Wellville."